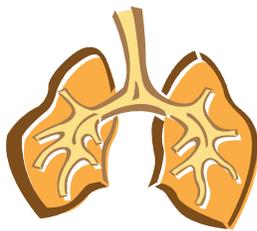


# Early Signs & Symptoms of Asthma

For people who may not know they have asthma, these symptoms may be early warning signs. Talk with your doctor if you have any of the following:

- ◆ Coughing
- ◆ Wheezing
- ◆ Waking up at night from coughing
- ◆ Chest Tightness
- ◆ Coughing, wheezing, or experiencing chest tightness after exposure to specific things in the environment
- ◆ Experience chest tightness and wheezing with a cold



If you have been diagnosed with asthma; these are some early signs of an asthma flare up:

- ◆ Chest Tightness
- ◆ Light wheezing
- ◆ Extra effort to breathe
- ◆ Coughing in the absence of cold
- ◆ Itchy chin or neck
- ◆ Dizziness or tiredness
- ◆ Shortness of breath
- ◆ Fast breathing
- ◆ Breathing through the mouth

These warning signs are different for each person. A person may have one or more of these signs.

*If you would like more information please contact:*

State of Connecticut Department of Public Health  
Public Health Initiatives Branch  
Community Health and Prevention Section  
Asthma Program  
410 Capitol Avenue, MS #11-HLS  
Hartford, CT 06134-0308  
Phone: 860-509-8251 Fax: 860-509-7854  
<http://www.ct.gov/dph/asthma>

